

# SAFESITTER

Safe Sitter® Essentials is a 1-day class designed to prepare students in grades 6-8 to be safe when they're home alone, watching younger siblings, or babysitting.

The Instructor-led class is filled with fun games and role-playing exercises. Students even get to use manikins to practice rescue skills like choking rescue!

**Wednesday, June 29 at  
the White Mountains  
Community College  
Berlin Campus**

**8:30 am to 3 pm**



**Safe Sitter®** is designed to prepare students in grades 6-8 to be safe when they're home alone, watching younger siblings, or babysitting. The Instructor-led class is filled with fun games and role-playing exercises. Students learn:

**Safety Skills:** Students learn how to prevent unsafe situations and what to do when faced with dangers such as power failures or weather emergencies.

**Child Care Skills:** Students learn tips to manage behavior that will help them stay in control of themselves and the children in their care. Students also learn the ages and stages of child development, as well as practice diapering.

**First Aid & Rescue Skills:** Learning skills such as choking rescue and CPR is often students' favorite part of the class. Students also learn a system to help them assess and respond to injuries and illnesses.

**Life & Business Skills:** The ability to screen jobs, discuss fees, and greet employers will set students up for success now and in the future. Students practice these skills through various role plays. It is easy and affordable to partner with Safe Sitter® to teach home alone safety skills as well as babysitting training. There is no registration fee, simply purchase your course materials and register for Instructor training.

Tuition \$25

*To register call Tamara Roberge, Coordinator of Workforce Development and Community Education at 603-342-3062, or email*

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